

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-30-07)

Visit us at www.fns.usda.gov/fdd

B119 – CHEESE, BLEND, AMERICAN & SKIM MILK, YELLOW, SLICED, LOAVES, 5 LB



Nutrition Information

Cheese, pasteurized, process, cheddar or American, reduced fat

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> A pasteurized process blend of natural cheeses. The product can be used as a substitute for pasteurized process cheese and offers a significant reduction in fat when compared to pasteurized process cheese. Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good melting properties.
PACK/YIELD	<ul style="list-style-type: none"> 6/5 lb loaves per case. One 5 lb loaf AP provides about 80.0 1-oz servings sliced cheese. One lb AP provides about 16.0 1-oz servings sliced cheese. CN Crediting: 1 oz cheese provides 1 oz-equivalent meat/meat alternate.
STORAGE	<ul style="list-style-type: none"> Store cheese in the original container at 41 °F until needed. Protect cheeses from mold and dehydration by preventing exposure to air, wrapping tightly with plastic film without air pockets, using new plastic wrap each time opened, placing wrapped cheese in sealed container, and always working in clean area. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

	1 oz (28 g)
Calories	68
Protein	4.99 g
Carbohydrate	3.01 g
Dietary Fiber	0 g
Sugars	2.27 g
Total Fat	4.00 g
Saturated Fat	2.50 g
Trans Fat	N/A
Cholesterol	15 mg
Iron	0.06 mg
Calcium	150 mg
Sodium	450 mg
Magnesium	9 mg
Potassium	94 mg
Vitamin A	272 IU
Vitamin A	72 RAE
Vitamin C	0 mg
Vitamin E	0.08 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Cook dishes containing cheese at low temperatures, since cheese toughens and gets stringy at high temperatures.
USES AND TIPS	<ul style="list-style-type: none">• Process cheeses can be frozen; however, freezing is not recommended, because there will be changes in body and texture due to crystallization of moisture during freezing.• Serve as is in sandwiches, with fruit, in cooked dishes such as sauces, casseroles or breads, or as a garnish for vegetable or fruit salads.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• If sliced cheese loaf contains mold, remove a 1 inch section of cheese slices around and below the mold spot, and recover the cheese in fresh wrap. When removing contaminated cheese, make sure not to touch the mold itself to avoid cross-contamination with other parts of the cheese.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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